

Tune-Up Your Life

"Avoiding a Caregiver Breakdown"



4th Annual Caregiver Conference

October 22, 2005
8:00 a.m. to 2:30 p.m.
South Towne Expo Center



The Heart of Caregiving:
Taking Care, Giving Care

Program Overview

Are you a caregiver?

Whatever your age, if you provide care that helps a person who is frail, elderly, or disabled, you are a caregiver.

Did you know that family and volunteer caregivers provide 85 percent of all home care given in this country?

Caring for a relative or friend may be something you never expected or wanted. It may happen slowly or suddenly.

Few of us are trained to be caregivers. While caregiving can be physically and emotionally demanding, you can learn ways to make it easier.

Fortunately, many resources are available to help you gain answers to your questions, discuss issues knowledgeably, and locate help if you need it. This conference seeks to address some of those issues.

Objectives

Acknowledge caregiving challenges while providing participants with information and resources that will help them take care of themselves and their loved ones.

Faculty

Cherie P. Brunker, M.D.

Geriatrics Division Chief
LDS Hospital
U of U School of Medicine

Teresa Dieringer, C.M.C.

Partner/Geriatric Care Manager
Golden Years Consultants

Dini Droguett, Gerontologist

Family Services Director
Alzheimer's Association

Terri Anne Flint, Ph.D., L.C.S.W.

Director, IHC EHS
Intermountain Health Care

Joan Kasteler

Gerontologist

Joanne Lovejoy

Tai Chi Chih Instructor
Intermountain Health Care

Mike Scott

Community Education Specialist
Utah Attorney Generals Office

David Turner, M.Ed.

Salt Lake County Aging Services

Conference Schedule

- 8 a.m. Registration and Continental Breakfast
"Ask the Expert" Booth
- 9:00 Welcome
- 9:15 **Maintain Your Brain**
Dini Droguett
- 10:00 Break
- 10:15 **Maintain Your Safety**
Joanne Lovejoy
Dr. Cherie P. Brunker
Mike Scott
Teresa Dieringer
- 12:00 Lunch
Maintain Your Humor
David Turner
"Ask the Expert" Booth
- 1:00 **Maintain Connections**
Joan Kasteler
- 1:45 **Maintain Your Joy**
Terri Anne Flint
- 2:30 Closing Comments & Evaluations
"Ask the Expert" Booth

Registration

Cost of the conference is \$15.
Pre-registration is preferred.
You can either mail in
the attached registration form
or call 1-800-832-7733.
Lunch and a continental break-
fast will be provided.

Thank you

*"Thank you, you have given me a
new hope for the future."*

-2004 Caregiver Conference

*"I really like the great ideas, the
happy smiles and the positive
atmosphere."*

-2004 Caregiver Conference

*"It was so helpful to talk to other
people going through the same
kind of experiences."*

-2004 Caregiver Conference

**Resource materials will be available
at the conference.**

This conference is sponsored by
AARP, Alzheimer's Association,
Utah Chapter, Intermountain
Health Care, Salt Lake County
Aging Services, Sun Litho
Printers, Utah Caregiver Coalition
and UCARE.



Experts on gerontology, medications,
financial assistance and community
resources will be available at our
"Ask the Expert" booth for one-on-
one answers.

Registration Form

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4th Annual Caregiver Conference

South Towne Expo Center
9575 S. State Street
Sandy, Utah

October 22, 2005
8 a.m. to 2:30 p.m.

To register call us at 1-800-832-7733
or send your registration and
\$15 check to:

IHC Employee Assistance Program
36 S. State Street - Suite 950
Salt Lake City, UT 84111

Name: _____

Address: _____

Phone: _____

The cost of the conference is \$15
(scholarships available). Pre-registra-
tion is preferred. You can either mail
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